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TUESDAY, MAY 3, 2011 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

HOW WE GOT HIM

INSIDE THE HUNT FOR THE WORLD'S MOST WANTED MAN 10-11

EXPRESS ILLUSTRATION/AP PHOTO

eo

eye openers

EXPLANATIONS

The Pot Elves Have Been Busy

For the second time in less than a week, a package containing 5 pounds of pot ended up in the Pennsylvania township of Upper Darby. A woman found the most recent package on her doorstep Wednesday. Police told the Delco Times that at least eight marijuana shipments have been found in the township, all from a fake Arizona address. **(EXPRESS)**

"Frankly, we didn't expect to find the primate equivalent of a cow dangling from a remote twig of our family tree."

— **MATT SPONHEIMER,** CO-AUTHOR OF A NEW STUDY SUGGESTING THAT THE PRE-HUMAN PRIMATE KNOWN AS "NUTCRACKER MAN" ACTUALLY ATE GRASS, NOT NUTS.

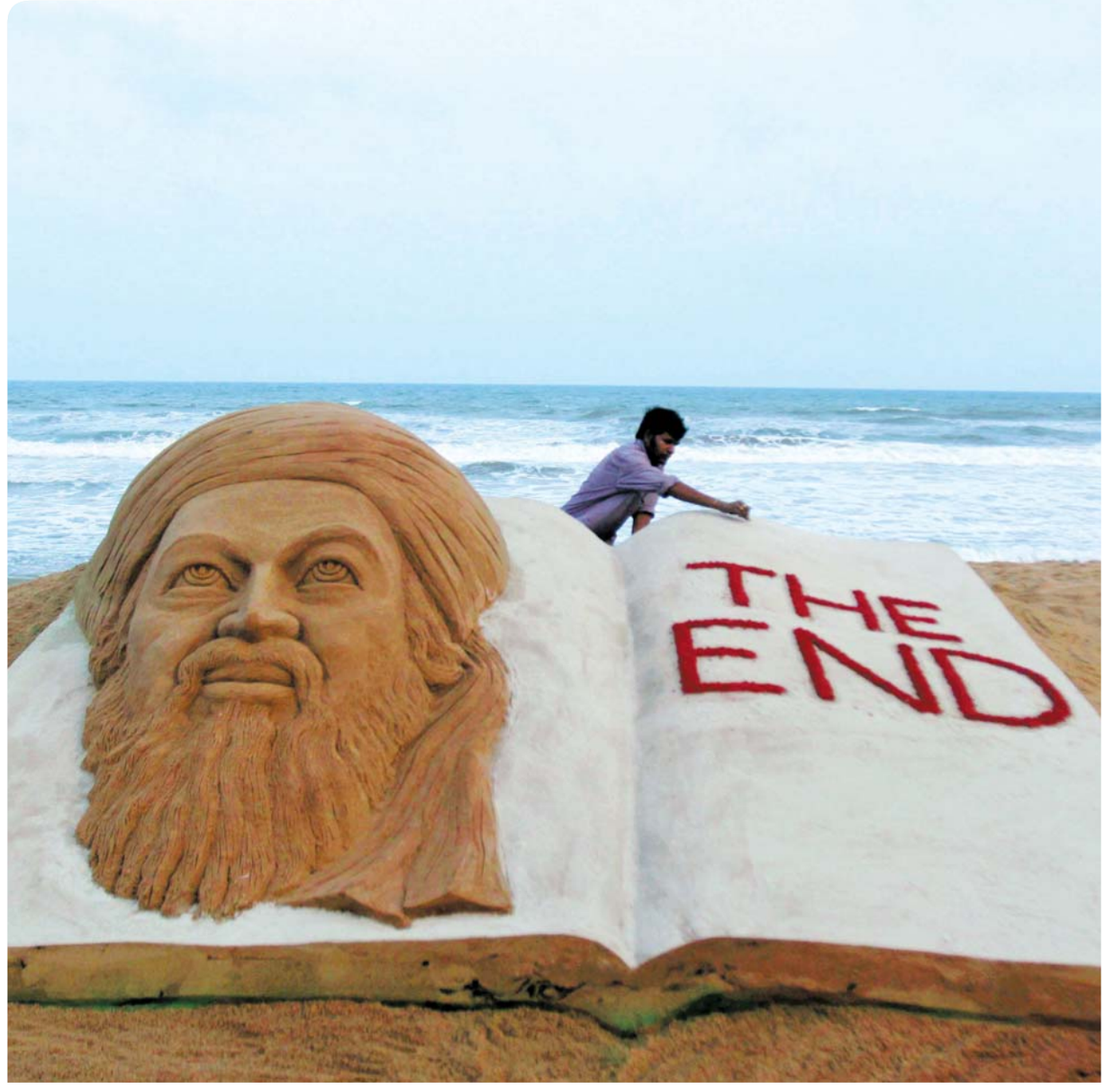
CRIME IS RELATIVE

Lower 48 Equivalents: Cow Tipping, Lawn Mower Joyride

An Alaska teenager who took a trip down a river on an ice floe said Sunday that he's more bothered by the trip he took to jail afterward. "It was dumb. I know that. It was pretty stupid. But it was all in fun," Michael Poland, 18, said of his quarter-mile voyage through downtown Fairbanks. "Having to spend a night in jail over it was just ridiculous." **(AP)**

The Big Picture

BISWARANJAN ROUT/AP



IN CONCLUSION ... Indian sand artist Sudarshan Pattnaik finishes a giant sand sculpture Monday on a beach in Puri, India, marking Osama bin Laden's death. **(AP)**

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KNOW WONK

U.S. Juggles Its Mixed Emotions

Americans feel both joy, fear after hearing of bid Laden's death

New York

Americans awoke on Monday to a world without Osama bin Laden, and many felt jubilation, a surge of patriotism and a sense that their prayers had been answered, and that the U.S. had finally avenged the nearly 3,000 people killed that bright September day nearly a decade ago.

But to many — including some of the same Americans glad to see bin Laden dead — the news didn't make them feel safer. It led to uncertainty and fear.

Walter Hillegass, a plumber who cleaned the dust-choked World Trade Center site for days after the attacks, said he is scared of what comes next.

"I'm happy they got him," said Hillegass, staring at ground zero in New York, holding a U.S. flag. "But there's always going to be another one right behind him."

Outside Boston, Laura Bell, a 65-year-old claims examiner for a health care company, said she is glad bin Laden is dead but doesn't believe it will make the U.S. any safer.

"We can't relax," she said. "We can't sit back on our butts and say this is great. I don't want us to get lax about security."

At the Salt Lake City airport, Mike Hensley wondered whether flying will be safer.

"Safer is subjective," said Hensley, who served with the Navy in Desert Storm in 1991 and flew from San Diego to Salt Lake City on Monday. "Should him being killed make people feel safer? Not really. He's had 10 years to build an organization larger than it was 10 years ago."

State and city leaders across the country stepped up patrols at possible terrorist targets Monday for fear of retaliatory attacks. Some travelers said they didn't feel any different about flying in the wake of bin Laden's death, and families of 9/11 victims weren't sure whether his death would bring them a measure of peace.

Nearly 10 years later, Charles Wolf of New York still falls asleep each night on one side of his bed.

"This is a feeling of happiness but not jump-up-and-down happiness," said Wolf, who lost his wife, Katherine, in the attacks on the World Trade Center. "The idea of closure is something that really, really — it doesn't exist, to tell you the truth." **TAMARA LUSH (AP)**

GENE J. PUSKAR/AP

Jeff Ray of Shanksville, Pa., visits the temporary memorial there to United Flight 93 on Monday, the day after U.S. troops killed Osama bin Laden in Pakistan.

"I just pray that however I'm supposed to feel, I'll eventually feel. If God wants to forgive him, that's God. I can't."

— **BARBARA MINERVINO,** A LIFELONG CATHOLIC WHO, AFTER HEARING OF OSAMA BIN LADEN'S DEATH, FOUND HERSELF STRUGGLING WITH A CENTRAL TENET OF HER FAITH: FORGIVENESS. MINERVINO'S HUSBAND, LOUIS, WAS KILLED IN THE SEPT. 11 ATTACKS.

JEMAL COUNTESS/GETTY IMAGES

New Yorkers react to news of the death of Osama bin Laden near ground zero.

In Brief

CAPE CANAVERAL, FLA.

NASA: Endeavour Launch Postponed Till Sunday

NASA's space shuttles are dragging their tails toward retirement. The high-profile voyage of Endeavour — the next-to-last space shuttle flight, led by the husband of wounded Rep. Gabrielle Giffords — is off until at least next Sunday because of a technical problem. **(AP)**

LOS ANGELES

Trial of Michael Jackson Doctor Delayed Till Sept.

The long-awaited trial of the doctor charged in Michael Jackson's drug death was delayed Monday until Sept. 20, with a judge saying defense lawyers needed additional preparation time. Superior Court Judge Michael Pastor said he was more concerned with justice for Dr. Conrad Murray than with the speed of the proceedings. **(AP)**

Murray

Correction

On Page 31 of the May 2 edition of Express, the wrong photo ran with Angela Marinucci and Dustin Schnell's wedding profile. Their profile, along with the proper photo, appears today on Page 30.

Spring Allergies?

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Nation

And the Debt Grows On

Under GOP, Obama budgets, government borrowing will spike

Washington

It's all but impossible to glean from the political rhetoric, but government borrowing will grow by trillions of dollars over the next decade if the budget backed by House Republicans translates into law.

And by a few trillion more if President Obama gets his way.

Call it the unpleasant truth behind a political struggle over raising the debt limit that is expected to intensify as lawmakers return Monday from a two-week break.

While polls show voters angry over the debt, and politicians support a goal of paying it down, the two principal deficit-reduction plans would merely restrain the debt's growth for the next decade — the Republicans' significantly more so than the president's.

To do otherwise, Congress "would have to enact policies that would produce a surplus," with money left over to begin retiring debt, said Robert Bixby, executive director of the anti-deficit Concord Coalition.

The last government surplus was in 2001. For one to occur in the future would require "Republican spending policies and Democratic tax policies," Bixby said, referring to GOP calls for deep program cuts and Obama's support for higher taxes. "Right now the two parties haven't been able to agree on those kinds of changes."

The administration has asked Congress to approve borrowing beyond the current $14.3 trillion debt ceiling. In exchange, Republicans want the White House and Democrats to agree to a series of measures to cut spending in the near term and make sure it stays under control in the future. They sometimes suggest that their approach would put an end to borrowing. DAVID ESPO (AP)

$4T

The amount in deficit reductions President Obama called for last month: "We have to live within our means, reduce our deficit and get back on a path that will allow us to pay down our debt." (AP)

$6.2T

The amount by which the House Republicans' budget would reduce government spending over the next decade, according to a statement Rep. Paul Ryan, R-Wis., wrote on the panel's website. (AP)

No Estimates of Government's Debt

Obama administration officials say they have no estimates of the impact of President Obama's new proposals would have on the future size of the government's debt, which now stands at nearly $14.3 trillion. The president's original budget for 2012, unveiled last winter, would leave debt at $27.6 trillion at the end of the decade. The administration itself put the figure at $26.3 trillion. Congressional Budget Office figures, however, show that if Ryan's plan were put into law, there still would be new borrowing each year, and the government's debt would total $23.1 trillion at the end of 2021. (AP)

Southwest Gets Bigger: Southwest Airlines is looking more like the big airlines it loves to needle. The once-quirky upstart flies to the big, busy airports it used to shun. It lets travelers cut in front of the boarding line — for a fee. Its overhauled frequent-flier program is more complicated, like others in the industry. Now comes Southwest's boldest move, its $1 billion purchase of AirTran Airways, completed Monday. All these changes are designed to help Southwest compete better. (AP)

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Nation

PAUL DAVIS/AP

A U.S. Army Corps of Engineers worker watches as a Wayne County, Mo., lake overflows its emergency spillway Monday.

Crews Set To Blow Up Mo. Levee

Sikeston, Mo.

The Army Corps of Engineers will work in darkness to blast a two-mile-wide hole in an earthen levee in Missouri — a move that could save an Illinois town imperiled by the rising Mississippi River.

The corps announced it would begin the detonation of the Birds Point levee sometime between 9 p.m. Monday and midnight. That comes after engineers spent hours pumping liquid explosives into the Birds Point levee near tiny Cairo, Ill.

The first blast is expected to be the most intense. Two more series of explosions are planned, with the second one occurring sometime after 1 a.m. Tuesday and the third happening around midday.

The demolition could reduce rising river levels surrounding Cairo but will completely flood a prime patch of Missouri farmland. **(AP)**

226

The record-breaking number of tornadoes within a 24-hour period in the U.S. from Wednesday to Thursday during last week's outbreak, according to preliminary government estimates. Analysts say there were 312 tornadoes last week. (AP)

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Through good times and bad, government employees face tough challenges in their work on behalf of the American people. While the need for vital government services continues to grow, we increasingly ask our public servants to do more with less. With sincere appreciation for their important contributions and sacrifice, for putting service before self, please join us in saying thank you.

Throughout the week of May 1-7, the nation celebrates *Public Service Recognition Week* in communities across the country and here in Washington, D.C. This week serves as a time to honor public servants—many of them our friends and neighbors—and to reflect on the benefits they provide the American people, such as disease prevention, public safety and security, education, transportation, veterans' care, and much more. Without their creativity, hard work and dedication, none of these would be possible.

Each and every day, we have the pleasure of witnessing firsthand the remarkable accomplishments performed by public servants at all levels of government. We are proud to serve with you and thank you for all you do.

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World

ARSHAD BUTT/AP

Outraged by Osama bin Laden's death on Sunday, more than 100 Pakistanis from an Islamist group rally Monday in Quetta, Pakistan. There were no other protests there.

A Harsh Spotlight on Pakistan

Bin Laden's hideout adds further strain to country's U.S. ties

Islamabad

Osama bin Laden made his final stand in a small Pakistani city where three army regiments with thousands of soldiers are based not far from the capital — a location that is increasing suspicions in Washington that Islamabad may have been sheltering him.

The U.S. acted alone in Monday's raid, did not inform Pakistan until it was over and pointedly did not thank Pakistan at the end of the operation. All this suggests more strain ahead in a relationship that was already suffering.

Sen. Carl Levin, the chairman of the Senate Armed Services Committee, said bin Laden's location meant Pakistan had "a lot of explaining to do."

A senior Pakistani intelligence official dismissed speculation that bin Laden was being protected. "We just did not know, period," he said.

Some analysts suggested Pakistan would have little interest in sheltering bin Laden, contrasting him with Afghan Taliban leaders, who Pakistan view as allies in Afghanistan after the U.S. withdraws. Al-Qaeda has carried out scores of attacks inside Pakistan.

The U.S. closed its embassy in Islamabad and its consulates in Lahore, Karachi and Peshawar on Monday for fear of unrest.

While tensions may run high, it is unlikely that either nation could afford to sever the link. The U.S. needs Islamabad to begin its withdrawal from Afghanistan this year, and Pakistan relies on the U.S. for military and civilian aid. (AP)

Strained Relations

Suspicions that Pakistan harbors militants have been a major source of mistrust between the CIA and Pakistan's Inter-Services Intelligence agency, though the agencies have cooperated in the arrests of al-Qaeda leaders since the Sept. 11 attacks. CIA-ISI relations had been strained after a CIA contractor shot and killed two Pakistanis in January. Since then, a Pakistani official has said, joint operations had stopped, and the agency was demanding the U.S. cut down on drone strikes. (AP)

In Brief

TOKYO

Japan OKs $48B Budget For Disaster Recovery

Japan's parliament passed a $48 billion recovery budget Monday that will only start to cover the cost of the March 11 earthquake and tsunami, its most expensive disaster ever. The budget will cover new houses for more than 100,000 people, clearing of debris and support for disaster-hit businesses. (AP)

KINSHASA, CONGO

106 Missing in Congo After Boat Capsizes

An overcrowded boat on the Kasai River capsized Monday in Congo, witnesses said, leaving at least 106 people missing in the latest transportation tragedy in the vast Central African country. (AP)

21

The number of cars in a shipment of nearly 2,500 from Japan to Chile found to have traces of radiation, Chilean officials said Monday. (AP)

Women: Is Your Drinking Causing Problems?

Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.
There is a chance of receiving placebo (an inactive sugar pill).

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Raids Continue In Syrian Cities

Beirut

Syrian troops went door to door in cities and towns across the nation Monday, arresting scores of people in a campaign of intimidation aimed at crushing an uprising against President Bashar Assad's regime, activists said.

Rami Abdul-Rahman, head of the Syrian Observatory for Human Rights, said hundreds of people had been arrested over the past two days.

"Security men have divided Daraa into four parts. ... There was indiscriminate shelling yesterday, people are terrified," one resident of Daraa said Monday. **(AP)**

Widespread Ovations for Bin Laden's Death

Kabul, Afghanistan

News of Osama bin Laden's death stirred strong emotions Monday, a day after the al-Qaeda leader was slain in Pakistan.

Most world leaders welcomed President Obama's announcement of the raid, congratulating the U.S. for killing bin Laden or expressing satisfaction that the search for the world's most-wanted terrorist was over.

French President Nicolas Sarkozy hailed "the tenacity of the United States" in its hunt for the mastermind of the Sept. 11 attacks, and Italian Premier Silvio Berlusconi called his death a "great result in the fight against evil."

Terror Groups Speak Out

Somalia's most dangerous militant group, al-Shabab, on Monday threatened revenge for Osama bin Laden's death. "We shall retaliate against the Americans, Israel [and] Europe, and Christians in Somalia with destructive explosions," an al-Shabab spokesman said. The leader of the Palestinian militant Hamas government in Gaza, Ismail Haniyeh, condemned the killing, saying the operation marked "the continuation of the American oppression and shedding of blood of Muslims and Arabs." A top al-Qaeda ideologue going by the online name "Assad al-Jihad2" promised on extremist websites to "avenge the killing of the Sheik of Islam, " and the Pakistani Taliban also vowed revenge. **(AP)**

In Iraq, the former epicenter for al-Qaeda's war against the U.S., both Shiite and Sunni civilians celebrated bin Laden's death. Several Muslims said bin Laden's death will help restore the image of Islam as a religion of peace.

"This is the fate that evil killers deserve."

— **SAAD HARIRI,** PRIME MINISTER OF LEBANON, SPEAKING MONDAY ABOUT THE DEATH OF OSAMA BIN LADEN.

"Bin Laden's acts robbed us of freedom to talk and move around," said Mohammad al-Mansouri, a lawyer and human rights activist in the United Arab Emirates.

In Afghanistan, where bin Laden was given refuge by the country's previous Taliban rulers, officials applauded when President Hamid Karzai told them the news. Karzai repeated his claim that the fight against terrorism should not be fought in Afghan villages, but across the border in Pakistan.

Calling bin Laden's death a "significant success," NATO, which has 150,000 troops in Afghanistan, said it would make sure the country "never again becomes a safe haven for extremism." **(AP)**

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Metro Steps Up Police Presence

System on high alert after announcement of bin Laden's death

Washington

The Washington-area transit system will have a beefed-up police presence until further notice in response to the killing of terrorist leader Osama bin Laden by U.S. troops.

Metro police Chief Michael Taborn says bin Laden's death is a reminder to transit leaders that there are people out there who want to harm Americans.

Taborn says that the stepped-up security is not a response to any specific threat and that the system's trains and buses aren't necessarily any less safe in the wake of bin Laden's death.

Taborn says additional random bag searches are possible and that other precautions have been taken that are less visible than the officers patrolling platforms at Metro stations.

He's urging riders to report unattended packages and any suspicious behavior.

"This is ... out of an abundance of caution," said Metro spokeswoman Lisa Farbstein. "Customers will see an increase in uniformed officers in the system."

(THE WASHINGTON POST/AP)

BRENDAN SMIALOWSKI/GETTY IMAGES

A Metro police officer walks with a dog at the Gallery Place Metro station on Monday.

METRO PULSE

What's your strategy for D.C.'s weird spring weather?

"I'm always prepared with an umbrella and a good attitude."

Amjad Qureshi
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Bike Rentals Spike at Celebration

Revelers use bicycles to get to White House after bin Laden news

Washington

Organizers couldn't have asked for a better kick-off for a month celebrating bikes and bike safety than the events of Sunday evening.

The D.C.-area's bike-sharing network, Capital Bikeshare got a huge boost in usage late Sunday and early Monday morning as folks eager to get to the celebration in front of the White House after news that Osama bin Laden had been killed opted for two-wheeled transportation over other modes.

According to a tweet from Capital Bikeshare, there were 558 bike rentals between 10 p.m. Sunday and 2 a.m. Monday. By comparison, during the same time frame the previous week, there were only 105 rentals.

"We had no idea that this was going to happen," said John Lisle, spokesman for the D.C. Department of Transportation. "But this is great."

Stephen Miller was one of those who joined the spontaneous celebration at the White House. Though he rode his own bike, he was struck by the number of red Capital Bikeshare bikes he saw as he headed downtown from his home in Mount Pleasant. Miller shot a Twitpic of more than a dozen parked near the celebration.

JAMES A. PARCELL/FTWP

There were 558 bike rentals after 10 p.m. Sunday, a Capital Bikeshare tweet said.

"It was after 11:30, so Metro was shutting down," he said. "The only realistic option was to bike."

Cycling will be in the spotlight this month in the D.C. area and across the country as jurisdictions celebrate National Bike Safety Month.

As the sun rose Monday morning, Capital Bikeshare officials were quick to remind people about one other element of bike sharing. A tweet that went out just a little after 11 a.m. gave borrowers a little nudge: "FYI, if you rented a CaBI early this morning and haven't returned it, the meter is running. After 24 hrs = $1000 lost bike fee."

It worked. By afternoon, most of the bikes were back in place.

LORI ARATANI (THE WASHINGTON POST)

The Lotteries

Monday, May 2

District

Mid-day Lucky Numbers	2-3-3
Evening Lucky Numbers (Sun.)	8-3-7
Mid-day DC 4	0-2-3-7
Evening DC 4 (Sun.)	6-7-1-5
Mid-day D.C. Five	9-9-6-0-6
Evening D.C. Five (Sun.)	6-9-3-6-6

Maryland

Mid-day Pick 3	6-2-8
Evening Pick 3 (Sun.)	4-5-4
Mid-day Pick 4	8-6-5-0
Evening Pick 4 (Sun.)	5-8-9-1
Match 5 (Sun.)	1-4-8-36-37 (30)

Virginia

Mid-day Pick 3	9-4-3
Evening Pick 3 (Sun.)	0-5-4
Mid-day Pick 4	2-5-9-9
Evening Pick 4 (Sun.)	6-5-0-8
Mid-day Cash 5 (Sun.)	3-12-17-24-27
Evening Cash 5 (Sun.)	8-18-23-31-32

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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Cover Story

'Hiding in Plain Sight'

How the U.S. finally caught up to the world's most wanted man

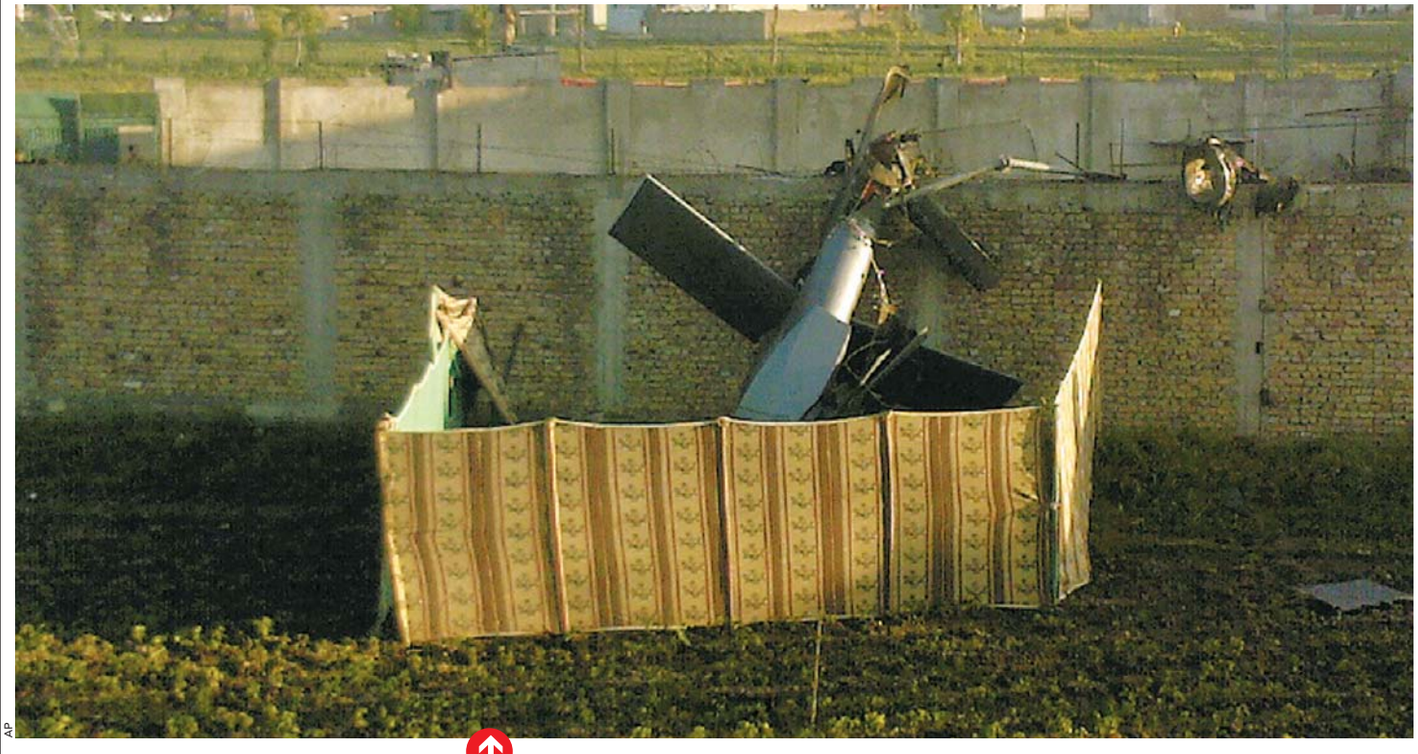
Washington

For years, Osama bin Laden's whereabouts were a guessing game, an unknown destination at the end of a trail that had gone utterly cold.

But as American commandoes descended from helicopters to finish the hunt for the world's most wanted man at 1 a.m. Monday in Pakistan, U.S. intelligence and special forces teams knew precisely where to find him — which city, which compound and even which floor.

Al-Qaeda's leader was killed near the end of a 40-minute firefight, U.S. officials said, after elite U.S. troops had cleared other corners of the compound, methodically making their way to the upper stories where bin Laden and family members lived. "He was more or less hiding in plain sight," a senior U.S. intelligence official said.

A Long Time Coming: The SEAL commandos chosen for the mission had trained for weeks, practicing daily at a precise replica of the actual compound . The rehearsals also covered a range of scenarios, including the possibility that Osama bin Laden would try to surrender.



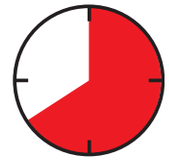
AP

1 Flight to Pakistan
The SEAL team flew from Afghanistan into Abbottabad aboard two Chinook helicopters, which are notoriously loud, drawing comments from a Twitter user near the compound.

2 Chinook Down
The most serious stumble occurred at the start: the engine of one of the helicopters failed, causing a rotor to collide with a wall and snap. No one was injured, but the mishap took out of commission one of the aircraft that was to be used in flying the team and any captives back to Afghanistan.

3 Two Killed
The team pressed ahead, exchanging fire with Osama bin Laden's courier and his brother. Within minutes, both men were fatally down.

4 40 Minutes To the Target
The commandos then began moving into the interior of the building, room by room, until they reached the upper-floor living quarters where bin Laden and his family were staying for an unknown period of time. After nearly 40 minutes on the ground, the SEAL team was finally poised to confront bin Laden himself.



Shocking Discovery

The operation, which was planned for weeks but hidden from all but a tiny circle of administration officials, marked the culmination of a manhunt that often seemed so futile that even top U.S. intelligence officials would answer questions about bin Laden's location with a shrug.

The search employed Predator drones, the world's most sophisticated signals interception equipment, networks of informants assembled by teams of CIA operatives in Afghanistan, and teams of analysts who scrutinized every video and audio recording from the al-Qaeda leader for inadvertent clues.

In the end, U.S. spy agencies narrowed the circle by honing in on a relatively mundane target — a small network of couriers thought to be bin Laden's only point of contact to the outside world. One in particular led them to a newly built residence north of Islamabad.

When American analysts scrutinized the place, "we were shocked by what we saw," a senior Obama administration official said.

The compound was three stories tall but had few windows facing outside. It appeared to be worth at least $1 million but had no telephone or Internet connections to the outside world. It had 12- to 18-foot security walls topped by barbed wire, and occasional plumes of smoke from trash the residents burned, since that they dare not place it outside like other neighbors for trucks to haul away.

The facility "was perfectly consistent with what our experts expected bin Laden's hideout to look like," the U.S. official said. It was far from the tribal areas where lower-level militants dodge Predator strikes. In sharp contrast to the legend of al-Qaeda and its founder, bin Laden was not hiding in a cave.

The Big Break

A crucial break appears to have come on May 2, 2005, when Pakistani special forces arrested a senior al-Qaeda operative known as Abu Faraj al-Libi, who had been designated bin Laden's "official messenger" to others within the terrorist organization. Libi was later turned over to the CIA and held at a "black site" prison where he was subjected to harsh methods that the Bush administration termed "enhanced interrogation techniques."

Libi and other detainees pointed CIA interrogators to another messenger with close ties to the al-Qae-

Cover Story

"I think we can all agree this is a good day for America. Our country has kept its commitment to see that justice is done. The world is safer. It is a better place because of the death of Osama bin Laden."

— **PRESIDENT OBAMA,** DURING A NEWS CONFERENCE ON MONDAY, HAILING THE SECRETIVE MISSION THAT KILLED AL-QAEDA LEADER OSAMA BIN LADEN.

ABC NEWS

5 Final Confrontation

What words were passed between Americans and the terrorist, if any, are not publicly known. But shortly before 2 a.m., the SEALs burst into the room to find an armed bin Laden, with one of his two wives positioned in front of him.

6 Bloody Aftermath

News footage from inside the rooms in the compound showed the aftermath of a ferocious struggle, with blood-soaked carpets and overturned furniture. ABC News, which obtained the footage, said computer equipment appeared to have been seized. A senior U.S. intelligence official confirmed material from the compound was being scrubbed for possible leads to other terrorist suspects. All told, four men and one woman lay dead.

7 The Escape

The SEALs destroyed the crippled chopper and then took off in the other helicopter and a third that had arrived as a backup. Only after slipping out of Pakistani airspace did Obama call Pakistan's president, Asif Ali Zardari, to inform him of the raid. (TWP)

da leader. U.S. officials said they started with the mystery courier's nom de guerre, and that it took four years to uncover his actual identity, his approximate location in Pakistan and ultimately the compound where bin Laden was found.

Obama was first made aware of the potential breakthrough last September, as CIA analysts grasped the significance of the succession of clues. On March 14, Obama held the first of five National Security Council meetings in the span of a month devoted to the question of whether and how to target the newly discovered site.

'A Very Tough Call'

It remains unclear when bin Laden first arrived, but officials said that the compound was under near constant scrutiny by the United States, and that it appears the al-Qaeda leader rarely — if ever — ventured outside. Indeed, U.S. officials said the timing of the raid was not driven by worry that bin Laden was about to leave, but by the accumulation of confidence that their intelligence on his location was dead on.

On Thursday, Obama gathered his national security team in the Situation Room for a final review of the operation, according to one member present who requested anonymity to speak candidly.

Three options were under consideration. The first was a raid using special forces. But Obama was also asked to consider a strike from a "standoff platform," most likely a drone. The third — to wait for more definitive intelligence — would have sounded distressingly familiar to a prior generation of officials who had to explain why there had been such reluctance to pursue bin Laden before the Sept. 11 attacks.

"Everyone, in going around the table, began by saying, 'Well, this is a very tough call,'" a senior administration official said. Obama, the official said, didn't give his answer then. It wasn't until 8 a.m. Friday that Obama — in a meeting with National Security Adviser Thomas E. Donilon, his deputy Denis McDonough, chief of staff William Daley and counter-terrorism adviser John Brennan — gave the go-ahead.

On Sunday, Obama presided over a series of meetings on the unfolding operation, culminating in a 7:01 p.m. briefing during which the president was told there was a "high probability" that bin Laden was dead. GREG MILLER AND JOBY WARRICK (THE WASHINGTON POST)

PETE SOUZA/THEWHITE HOUSE/AP

Secretary of State Hillary Clinton, President Obama, Vice President Joe Biden and other members of the national security team monitor the Osama bin Laden mission.

The SEAL Team

The team of Navy SEALs tapped to hunt down Osama bin Laden is known as Team 6. The elite unit, based out of Dam Neck, Va., was formed after the failed 1980 rescue of U.S. hostages in Iran, which highlighted the need for a group that could operate under the utmost secrecy. (TWP)

Last Words

Intelligence officials believe Osama bin Laden made a recording shortly before his death and expect that tape to surface soon. It's unclear whether the tape is audio or video, but a U.S. official says it's already working its way through al-Qaeda's media. (AP)

IDing The Body

The U.S. used multiple means to confirm the identity of Osama bin Laden during and after the firefight in which he was killed. The al-Qaeda leader was identified by name by a woman believed to be one of his wives who was present at his Pakistan compound at the time of the U.S. raid. He also was visually identified by members of the U.S. raid. Officials also produced a quick DNA match from his remains that they said established bin Laden's identity with 99.9 percent certainty. (AP)

Burial at Sea

Osama bin Laden's dead body was put aboard the USS Carl Vinson, pictured, and placed in the North Arabian Sea. An official at Monday's Pentagon briefing said the body, once aboard the ship, was washed and placed in a white sheet, following traditional Islamic procedures for handling the remains. It was then placed in a "weighted bag," and a military officer read prepared "religious remarks," which were translated into Arabic by a "native speaker." (AP)

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Sports

Caps Powerless Against Lightning

Inability to capitalize on Tampa's penalties is difference in series

The Capitals

Awful. Pathetic. Horrendous. Those are just some of the G-rated comments shouted from the upper levels of Verizon Center as the Capitals' power play struggled mightily on Sunday night.

The Capitals had six penalty calls that went their way due to sloppy play by the Tampa Bay Lightning, but they couldn't convert on a single one. When it came time for a Lightning power play, they did what the Caps couldn't: score.

V

6:30 P.M. | CSN
Tuesday

2ND ROUND

"They got one and we didn't; it comes down to that," winger Mike Knuble said. "They've just been very timely and very opportunistic."

Tampa's 3-2 overtime win gives the Lightning a 2-0 lead as the series moves to Florida on Tuesday night for the first game of a back-to-back set. Washington's ability to stay alive in the series will now rely on its desperation — which it's shown in past playoff comebacks — and fixing its broken power play.

While the Caps have had their scoring chances created on the extra man unit, the issue is Tampa Bay's penalty kill is limiting the Caps' time in their offensive zone. When the Caps do have zone time, it's often wasted moving the puck around the perimeter, instead of shooting, as Tampa's penalty kill unit stands in the shooting lanes.

The Lightning's remarkably strong penalty kill, which has stifled all of the Caps' power play chances this series, has Capitals coach Bruce Boudreau befuddled.

"We're trying ... different things, trying to make things work; obviously, it's not working," he said. "We've just got to keep going at it." REED S. ALBERS

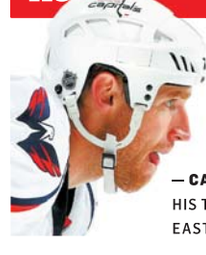
TONI L. SANDYS/TWP

Mike Green, left, and Michal Neuvirth, right, react to a Tampa goal on Sunday.

0-11

The Caps' success rate — or lack thereof — on the power play against Tampa Bay this series. Pittsburgh went 1-36 in a first-round series against the Lightning. R.A.

Heavy



"It's 2-0; big deal. There's still a lot of hockey to be played."

— CAPS FORWARD BROOKS LAICH, WHO REMAINS CONFIDENT IN HIS TEAM DESPITE THE FACT IT LOST THE FIRST TWO GAMES OF THE EASTERN CONFERENCE SEMIFINALS AT HOME.

Sports

Kings to Give Sacramento Another Shot

Pro Basketball

The Sacramento Kings will remain in town for at least one more season to give Mayor Kevin Johnson, a former NBA star, a chance to follow through on his promise of a new arena.

The Kings had been considering a move to Anaheim, Calif., after several failed efforts to build a new arena in Sacramento, but they decided to give Johnson one more shot.

The Kings had until Monday to let the NBA know whether they would seek permission to relocate. **(AP)**

Duerson Had Brain Damage

Pro Football

Dave Duerson, a former NFL player who committed suicide in February, had "moderately advanced" brain damage related to blows to the head, according to the researcher who made the diagnosis.

"It's indisputable" that Duerson had chronic traumatic encephalopathy, a disorder linked to repeated brain trauma, Dr. Ann McKee said Monday.

The findings were announced as part of an effort conducted by the Center for the Study of Traumatic Encephalopathy at Boston University's School of Medicine. **(AP)**

Power Pulls Out Victory in Brazil

NELSON ANTOINE/AP

INDYCAR DRIVER WILL POWER of Australia celebrates his victory in the Sao Paulo 300 in Brazil on Monday. Power, who started on the pole, overcame a damaged car and wet track to win the race that was postponed by a day.

TV Lineup

CAPITALS (6:30 P.M., CSN)
The Caps try to secure a road win against the Tampa Bay Lightning, which leads the best-seven-playoff series 2-0.

NATIONALS (7 P.M., MASN)
The Nats face one of the Phillies' many aces, Cole Hamels, in the first game of a series in Philadelphia.

NBA PLAYOFFS (7 P.M., 9:30 P.M., TNT) The Miami Heat can take a 2-0 advantage over the Boston Celtics while the Oklahoma City Thunder aims to even its series against the Memphis Grizzlies.

NHL PLAYOFFS (9 P.M., VERSUS)
With the series even at one, the Vancouver Canucks visit the Nashville Predators.

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Sports

Hewitt Finds Paradise at Mason

Ex-Ga. Tech coach takes over program after Larranaga's exit

Mason Hoops

Paul Hewitt had no intention of returning to college basketball so soon. Let go by Georgia Tech in March, he had planned a trip to St. Maarten with his wife beginning Friday.

Then George Mason called. And after a quick courtship, the island plans were put on hold. "I traded one paradise for another," Hewitt said at his introduction on Monday.

Hewitt is the ninth coach in George Mason' 44-year history.

George Mason AD Tom O'Connor, left, introduces coach Paul Hewitt Monday. AP

"I don't mind saying I was a little beat up after my last job," Hewitt said. "That's part of the game — no hard feelings — but this was too good a situation to turn down."

The situation was replacing the departed Jim Larranaga, who left last month for Miami after 14 seasons with the Colonial Athletic Association program.

Money was a major reason the Patriots lost Larranaga, who took George Mason to the Final Four in 2006 and is the winningest coach in school history.

Hewitt is receiving a $7.2 million buyout over five years from Georgia Tech, which would seem to make him more affordable for a Colonial Athletic Association school like GMU.

Details of Hewitt's five-year deal with George Mason were not released. "Today we open the next chapter in men's basketball at George Mason University," said school President Alan Merten, who said Hewitt "sends a message and we send a message, that men's basketball is important." (AP)

4.2M **The average number of people** who watched the first round of the NBA playoffs, an increase of nearly 33 percent from last year, when fewer than 3.2 million people watched early-round action. (AP)

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Want to show off your pedi while you pose but keep the rest of your feet under wraps? Then slip into a pair of Pure Toes ($20, Puretoes.com). They're not socks, but rather moisture-wicking, antimicrobial foot covers with non-skid pads on the soles, which means you can practice sans mat on hardwood floors without slipping all over the place. The "fashion" prints (such as this pink paisley) aren't to everyone's taste. But when we wore them to a yoga class, the teacher seemed envious.

Make Mother's Day

That shoulder you've leaned on all these years? It could really use a massage. Mother's Day is Sunday, so if you still haven't figured out how to pamper the woman who changed your Pampers, try one of these spa treatments. STEPHANIE KANOWITZ

FOR MOMS WHO WORRY

The Phyto Stem Cell Facial

at G.M. Collin Aura Spa (Auraspa.net), $175 for 60 minutes

Apple juice makes kids happy, but Mom may prefer a different way to consume the fruit. This facial tackles wrinkles with creams made with plant stem cells extracted from the leaf of a Swiss apple tree whose fruit has an extraordinarily long shelf life. Use the same cells on humans, and, hopefully, Mom gets a truly fresh face. "Everyone wants to look like they're 20," says Jennifer Glunt, a licensed esthetician at Aura Spa.

After clearing the skin of impurities such as blackheads, she massages in eye cream, serum and moisturizer. While Mom waits 15 minutes for an algae mask to set, Glunt offers a choice of a hand or foot massage. The mask peels off in one rubbery piece, and she starts the series of cream applications again, leaving Mom's face shiny, hydrated and smelling not at all like apples.

On Mother's Day, Aura will serve complimentary champagne before or after the facial to add a glow to her freshly plumped skin.

FOR FAST-ON-THEIR-FEET MOMS

The Champagne Indulgence Pedicure

at Ritz-Carlton, Tysons Corner (Ritzcarlton.com), $95 for 50 minutes

Moms will get treated with Champagne at the Ritz, too. But in addition to drinking it — poolside and accompanied by fruit and cookies — they'll also get to soak in it. Fariba Sharifi, a nail technician at the Ritz, says the hydrating properties of the fizzy beverage help her go toe-to-toe with hardened soles.

That's why she starts with a warm Champagne mineral bath before filing callouses, cleaning up cuticles and buffing nails to smoothness. Then it's time to break out the good stuff again: Champagne scrub made of chardonnay oil, sugar and grape grains.

For the final round, Mom's knees will slurp down a Champagne-infused mask, which she covers in hot towels for five minutes. "When I take the towels off, you'll feel the skin is like silk," she says.

Now, here's a game of "This Little Piggy" moms won't tire of.

ILLUSTRATIONS: MARK STAY/ISTOCKPHOTO

FOR MOMS WITH NEWBORNS

The Rookie Mom Rubdown

Bliss Spa (Blissworld.com), $170 for 75 minutes

Babies aren't the only ones who need tummy time. This treatment focuses on the postpartum paunch, starting with a seaweed mask that covers Mom's midsection for 20 minutes. That's followed by the application of "Shrink Wrap," made from African grapefruit essential oil, and Fatgirlslim, a caffeine-laced cream that has a rep for reducing ripples.

The idea, according to Bliss massage therapist Elizabeth Goodwin, is to flush out excess fluids, thereby increasing tone. A single treatment can seemingly slim one's stomach by an inch or two, she says, although the results last only a couple days.

Beyond making Mom's middle look whittled, the treatment also includes a paraffin wax to soften her feet and a full-body Blissage, a Swedish-style massage that kneads out baby-carrying-induced knots.

The real clincher: She gets to lie on a heated massage table inhaling soothing scents rather than Desitin.

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Hard to Rebuild Broken Trust

Q I've gotten back with an ex after a year-long break. He tore up my heart when we were together by repeatedly cheating. It took some time alone for me to realize I deserve better. But I still love him and believe he's changed. But now that we're together again, the thoughts keep coming: "Where is he going?" "Should I check his phone?" etc. I wonder whether I can trust him again. **TROUBLED**

You say that you believe he's changed, but, clearly, there's a part of you that can't quite get on board (that's the part of the brain that controls whether you'll "accidentally" scroll through his phone). Just because you love him doesn't mean you should be with him. In fact, it's hard for me to believe that someone who repeatedly cheats is ready to become a different person a year later.

I urge you to really think this through. You realized that you deserved better than what this guy could give you. Do you really think that the 2.0 version of him will be able to provide it? He needs to show you the hows and the whys of his change — and prove them — before you can even begin letting go of your understandable doubts.

Alone Doesn't Mean Lonely

Q I'm naturally quiet and have a lot of interests that are rather solitary. I don't date much, and I live alone. But I prefer it that way. I do have some friends, but people tire me out, and I usually can't wait to get back to my books or my cat. Some family members are always trying to get me to "come out of my shell." Why can't I just be who I am? **FINE, THANKS**

Indeed, introverts of the world get a bad rap. In movies, they're usually shoving their glasses up their nose, or scurrying off to stare at computer screens. In reality, though, introverts are often creative, thoughtful and calming. (Did this babbling extravert get on your good side yet?).

It seems that some relatives always want you to be more like them, whether it's your politics or how you pronounce "February." So a quick "I'm content with my life, and I'm not sure why you don't seem to be" can continually be used to steer the topic elsewhere. But find out whether there's something deeper in their concerns that's getting missed in their message. The more they feel heard, the more likely they are to finally give up the bullhorn.

By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Biking Buzz

Calling all caffeine fiends! Get your perk on early Sunday at the Coffee Bike Crawl (Yoladc.com), a 3.5-hour ride with stops at several of D.C.'s local coffee shops, where tasting and talking are encouraged. Meet up at Qualia Coffee (3917 Georgia Ave. NW) at 8:30 a.m., and get ready to roll from Petworth to Eastern Market, where you'll stop at Pound (621 Pennsylvania Ave SE). There's no need to register, and participation is free.

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Trainer Erin O'Brien teaches Kristi Yamaguchi to do an abs exercise with weights.

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Kristi Yamaguchi's new exercise DVD forces you to work

Interview

It's about time somebody named a move after figure skater Kristi Yamaguchi. As you might expect, it requires strong legs, body control and endurance. But what might surprise you is that it's not on ice, and neither is the rest of the Olympic champ's new DVD, "Kristi Yamaguchi: Power Workout" ($17, Acacialifestyle.com).

She partnered up with veteran trainer Erin O'Brien, who's strung together circuits combining cardio, strength and core exercises. The one O'Brien dubbed "The Yamaguchi" is a series of jump squats punctuated with 90-degree turns. Even its namesake finds that exhausting. "It's tough after repeating it over and over," Yamaguchi says.

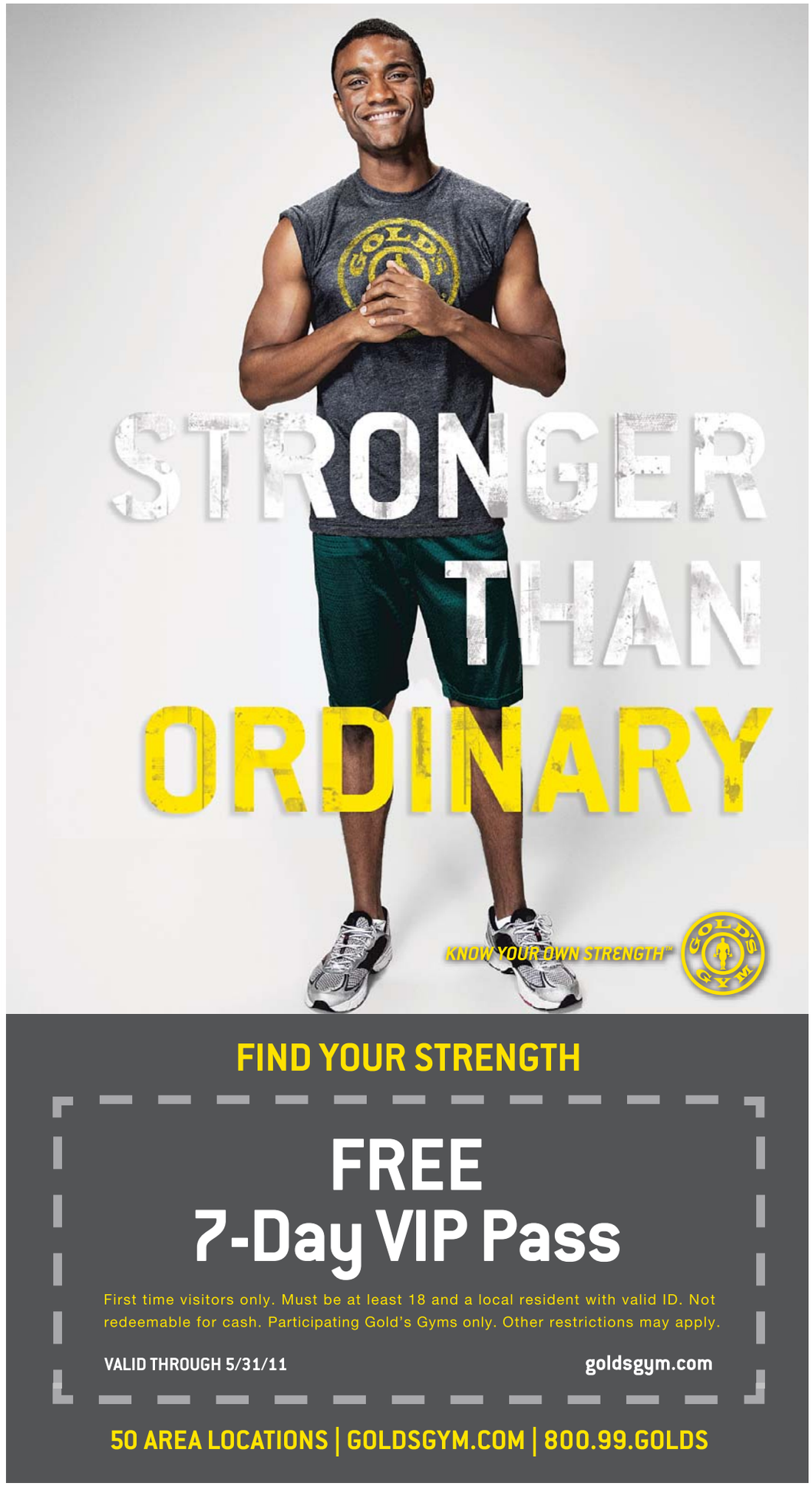
But, of course, she's used to jumping around, both from her skating days and her current routine. After she drops her two daughters off at school, she joins her husband — former pro hockey player Bret Hedican — for a workout that usually involves plyometric exercises to build stamina and strength.

"We try to motivate each other," says Yamaguchi, who also remains devoted to Pilates, which she was first introduced to at the age of 12. Those are the exercises she uses to "rebalance and rehabilitate." (And they're what she relied on in 2008 to get her body prepared for her winning season of "Dancing With the Stars.")

Her interest in Pilates and yoga will be on display in her second exercise DVD, set to be released this December. The two types of exercise reflect what Yamaguchi had to master as a skater. "There's the athletic side, because you need cardio, strength and power. Then, there's the artistic side that's flowing and lyrical and graceful," she says.

Looking at Yamaguchi, there's no doubt she's achieved incredible balance in her life — except when she attempts to stand on one foot for certain exercises. "On the ice, you're gliding. You have motion and movement to help you adjust and find the right spot," explains Yamaguchi, who says that repeated ankle injuries have made her even wobblier on solid ground.

So there's a chance viewers will find themselves looking steadier than the gold medalist. But there's one move you can't beat her on: the Yamaguchi. VICKY HALLETT (EXPRESS)



A Bike-and-Bend Blend

Cycle Studio helps students raise their heart rates and then open their hearts

Studio Review

Will and Kate weren't the only duo joined together on Friday. It also marked the launch of Cycle Studio, a boutique gym in Alexandria that marries two of the most popular fitness formats around — cycling and yoga.

What it is: When 32-year-old Sima Tamaddon heard about the boom of cycling-specific studios in New York, she headed north to check out what the fuss was about. "We were packed in like sardines, so I couldn't get between bikes. Then I wanted to stretch afterwards and there wasn't any space," says Tamaddon, who left feeling unfulfilled. What would be perfect, she decided, was an airy room with bikes and yoga mats. That sums up the sleek studio she's created, where you can take cycling, yoga or the signature offering, Cycle-Yoga, which combines the two.

Who it is: Tamaddon's journey started in 1999, when a car accident broke every bone in her right leg. "When I wasn't able to exercise, I realized how important it was to me," says Tamaddon, who was initially told she might not be able to walk again. Through her yoga practice, she managed to control the pain. And although jogging long distances is still out of reach, she learned to love cycling. "It's given me back my runner's high," she says. She's convinced the two disciplines make for a "wholesome workout" that she wants to share.

Workout: "On a scale of 1 to 10, this was a 9," opines 50-year-old Ann McGee after a Cycle-Yoga class, which is 45 minutes of intense pedaling followed immediately by 45 minutes of heat-building flow. But the blend somehow energizes while it relaxes, says 39-year-old Mike Harrington. "I feel like I can take on the challenges of the rest of the day," he says.

LAWRENCE LUK

At Cycle Studio's yoga classes, you can expect to hold several stretches that counteract the tightening effects of bike riding.

LAWRENCE LUK

The intimate class size allows teachers to provide individual attention to students.

The Details

1561 Potomac Greens Drive, Alexandria; 703-299-5102, Cycle-Studio.com. Individual classes $20; passes and memberships are also available. Register online to ensure space — and a specific bike.

Spin Off?

The area's first cycling studio opened in Bethesda in January. But don't expect Velovoom, pictured above, to provide much competition for Cycle Studio — it shuttered in March. Pass holders have been informed through its Facebook site that the business will reopen, but there's no set date. Owner Kelly Weinberg declined to comment. V.H.

Equipment: CycleOps bikes may make some people drool because they're continuously adjustable for just the right fit. But they're guaranteed to make you sweat thanks to the 48-lb flywheel that's set up to mimic a real ride. People used to indoor cycling on other bikes will find lifting off the seat becomes much more of a challenge. Novices should expect the pedals to stick a bit at the bottom of each rotation, but it's worth it, says 44-year-old Joan Friedrichs. "This forces you to do it right. To be able to maximize your workout is awesome," she says.

Work It Out

Crowd: With only 20 bikes, the class size is limited. "It leaves room for individual attention," says Tamaddon, who likes to shout out encouragement to students by name as she leads them up hills and through sprints. Most classes are geared toward a range of abilities, but it helps to have some experience. Don't have any? Try Training Wheels, a beginner session held once a month.

VICKY HALLETT (EXPRESS)

COURTESY PARAMOUNT PICTURES

Check out those bulging, god-like arms.

Marvel At These Muscles

Advice

Duffy Gaver specializes in sculpting actors' physiques to prep for their biggest roles — at least, when it comes to their muscles. Making someone look good shirtless is one thing, but his latest assignment raised the bar into the heavens. His job: Transform actor Chris Hemsworth into "Thor," the Norse god.

"Brad Pitt as Achilles was half-god. Does that count?" jokes Gaver, who helped Pitt shape up for "Troy." So he wasn't all that daunted by the idea of training Hemsworth, even though the actor had no real experience lifting weights. It helped, of course, that the Aussie is a naturally athletic surfer with a competitive streak who was willing to put in the necessary work.

"There's no magic to it," Gaver explains. Just proper diet and rest, and hour-and-a-half sessions with seriously heavy weights five days a week. "110-pound dumbbells made it into the workout often," he says. And they did plenty of reps of Gaver's favorite exercise: the pull-up. "The bigger you get, the harder they get," he adds.

Bench presses, however, didn't make it onto Hemsworth's schedule. "From a functional sense and an aesthetic sense, it does nothing for you," Gaver says. "I think one mistake a lot of guys make is they do a lot of chest development. It's an odd look for a guy." And a god. V.H.

nutrition fit

NEVIN MARTELL

The Swirl Next Door

Frozen yogurt fans can taste the original treat from Pinkberry

Restaurants

Qatar, Moscow and Lima all have Pinkberry, the frozen yogurt chain that started the tangy treat trend back in 2005. So why have Washingtonians had to wait until this week for a location? "It doesn't feel like it's taken that long," says CEO Ron Graves. "But it probably feels like a long time for Pinkberry lovers."

Come by the grand opening on Thursday from 6 p.m. to 10 p.m. at the Dupont Circle store (1213 Connecticut Ave. NW; 202-419-3443; Pinkberry.com) for a sample of the company's signature creation. The nonfat and low-fat fro-yo is always available in "original" — a plain yogurt flavor — and a rotating roster of seasonal varieties, including lychee, mango and pomegranate.

A small cup starts at just 150 to 210 calories, depending on the flavor, but that number can rise quickly if you decide to top it with chocolate chips and brownie bites instead of picking from the selection of fresh fruit chunks. "You can be as healthy or as indulgent as you want," Graves says. "It's up to you."

You can even go for fro-yo for breakfast. The Pinkberry parfait layers frozen yogurt with honey almond granola, blueberries, strawberries and pineapple (and clocks in at 270 calories). Another unusual menu option: the fruit bowl. It comes topped with Pinkberry Swirly Whip, a low-fat whipped cream.

The store is just the first of several locations slated to open in the District, although Graves is tight-lipped about where the others might spring up. The one thing that's certain is we're not done saying "yo" to fro-yo. NEVIN MARTELL

Bowled Over If you look at the line of customers at Zoup (1101 Vermont Ave. NW; 202-682-9687, Zoup.com), you'll see it's not just the chain's 12 daily soups that are hot right now. It's the first D.C. location for the company, whose menu notes which varieties are low-fat, vegetarian, dairy-free or a combination. That's a photo of Italian Pasta & Vegetables, a hearty choice for just 170 calories and 2.5 grams of fat per 8 ounce serving. V.H.

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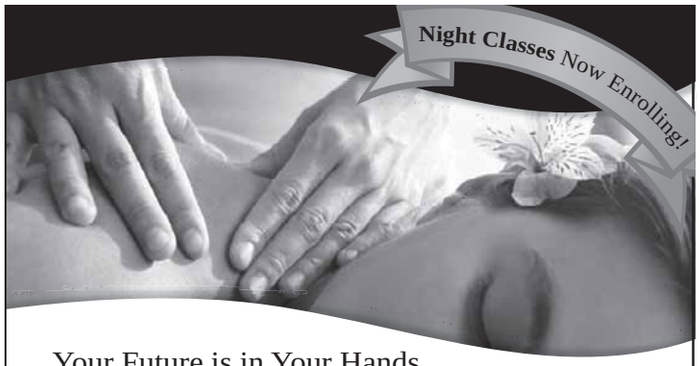

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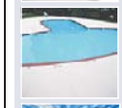

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lookout

Transition Time
Ann Curry replaces Meredith Vieira as host of the 'Today' show 35

Sound Bets

NAOMI PETERSON

Punk Geography

The stinky fruit from D.C.'s ginkgo trees are part of spring's annual assault on the schnoz. But in 1989 I had no idea what Three's Geoff Turner (above, second from right) was singing about on "Swann Street" when he belted, "These berries smell like [bleep]." I was still living in Michigan, subconsciously learning about D.C. through Dischord punk bands.

By Christopher Porter

"Swann Street," the song, is on Three's "Dark Days Coming" record; Swann Street, the road, is north of Dupont Circle. Soulside's "Clifton Wall," from "Hot Bodi-Gram," is another 1989 tune that identified a less-glamorous D.C. location: Clifton and 13th streets NW, the highest spot in the city, with a beautiful view of the Monument — and a bad crime problem.

"Hains Point" from Rites of Spring's 1985 self-titled classic doesn't detail the southern tip of East Potomac Park, but the lyrics "I read somewhere that every wall's a door to something new/Well, if that's true, why can't I get through?" might metaphorically refer to the sculpture that used to be there: "The Awakening" featured a buried giant struggling to escape from the earth. He must have caught a whiff of ginkgo.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

Sixx's Perspective

If Kip Winger or Don Dokken put out a beautiful book of goth-influenced photography, '80s metal fans might shake their tresses in surprise. But "This Is Gonna Hurt: Music, Photography, and Life Through the Distorted Lens of Nikki Sixx" ($30, William Morrow) comes from Motley Crue's bassist, lyricist and visionary — an artist. After 2007's best-selling "The Heroin Diaries," Sixx put together a high-quality collection of photos, interspersed with stories from his musical life with Motley Crue and Sixx: A.M. (who recorded the book's soundtrack), as well as his personal life. The most compelling tale is when Sixx discovers he had a institutionalized sister, Lisa, who was born with Down syndrome and who had been 90 percent deaf and 100 percent blind. CHRISTOPHER PORTER

"This Is Gonna Hurt" could have stood on its own as an art book. Why did you include the stories?
I want to do a book of photography, with no words in it. But this being my first book where I show people what I'm about as a photographer, I was just writing for me — maybe write an introduction, or this is what I'm about. I'm a very aggressive writer, so I write a lot.

The text features motivational sections. What kind of feedback have you received from fans?
It's been really wonderful to see kids at the book signings crying, parents saying thank you, saying between this book and "The Heroin Diaries," they feel like they can do more with their lives. It inspires me every day to get up and do better.

You express love for Motley Crue, but you also voice some criticisms.
I don't feel I crossed any lines that, as a fan, I'd be upset with. Sammy Hagar wrote a [critical] book ["Red: My Uncensored Life in Rock"], and, honestly, I'm very disappointed in Sammy, and it bums me out to even want to hear Van Halen. I'm a positive fan, and I have a hard time listening to Van Halen with Sammy Hagar singing now.

Artwork

Photographer's Motley Subjects

The photos in Nikki Sixx's "This Is Gonna Hurt" include scenes from international travel, staged grotesques, moody portraits and real-world seediness.

COURTESY HARPER COLLINS

Motley Crue's Nikki Sixx shares his artwork and personal stories in his new book.

But the closing quote about Motley in the chapter about how you helped guitarist Mick Mars recover from pain-pill addiction is heavy: "They hadn't visited him at all. This band runs on rock 'n' roll, but sometimes I wonder if there is any soul in it."
It's true, though. We're trying to get better. We're very dysfunctional.

For all the stories about rock and recovery, it's your sister Lisa who defines and haunts this book.
Yes. I came to that revelation sitting in my [photo] studio writing this book. I looked up [at the props] and it was like everything was in slow motion: I looked at the wheelchair, the little children's polio legs, the 1800s medical stuff, the children mannequins — and I said, "Oh, my God, this is all about her." It was freeing moment but also one of the scariest and most painful moments. I looked around the room and thought, "I've been trying to resurrect my sister."

● *Barnes & Noble, 555 12th St. NW; Wed., 7 p.m., free; 202-347-0176.*

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com lookout

top stops

1 Forgotten Songs

Mid-century Jewish composers had it tough in Europe, for obvious reasons — Nazis banned music by the likes of Ernst Toch and Erwin Schulhoff as "degenerate," so a lot of these artists have receded into obscurity. But quartet Pieces de Resistance seek to give them new life by performing these forgotten songs on the oboe, bassoon, flute and clarinet. ***Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-467-4600, Kennedy-center.org. (Foggy Bottom)***

2 Scenes of Satire

The verbal agility of Tom Stoppard, left, is well known, and he never has more fun with it than when he's writing about writers. His play "The Real Inspector Hound" portrays two theater critics watching a country house mystery — which allows Stoppard to impose his powers of parody on two genres at once. If anyone else wrote it, the play could get boring and confusing. Good thing Stoppard is a genius. ***MetroStage, 1201 North Royal St., Alexandria; through May 29; 703-548-9044, Metrostage.org.***

3 Reel Fast Gratification

The 48 Hour Film Project is just what it sounds like: Write, shoot, edit and score a movie in two days flat. Not enough sleep and lots of adrenaline will either yield art or madness, but at least you'll have filmed evidence of your descent into insanity. You're actually too late to participate this year — the movies have already been filmed. Now comes the easy part: Watch them at the AFI. ***AFI Silver, 8633 Colesville Road, Silver Spring; through May 6; 301-495-6720, Afi.com/silver. (Silver Spring)***

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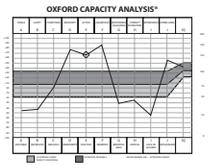

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Yikes! We Goofed!

We ran the wrong photo with Angela Marinucci and Dustin Schnell's wedding profile on Monday's B.I.O. page. We are mortified and sincerely apologize. The lovely couple's profile appears again below, with the proper photo.

Angela Marinucci, Dustin Schnell

TOMERLIN PHOTOGRAPHY LLC

Angela, 26, is a law student. Dustin, 28, is an MBA student and a consultant for Booz Allen Hamilton. They lived in Pentagon City until Dustin moved to Potsdam, N.Y., for school.

THE MAIN EVENT: A formal Catholic Mass May 14 in Niagara Falls, N.Y. "I'm hoping to convince the church to play 'I'm Walking on Sunshine' as we walk back down the aisle," Angela says.

HOW THEY MET: She stayed with his roommate while interviewing for a job in D.C., then lived at their place for two weeks before finding her own apartment.

FIRST DATE: They took a six-mile walk around the Tidal Basin and Hains Point. "She even packed beef jerky for me so I wouldn't get crabby."

HOW HE PROPOSED: Late at night after she had come home from a friend's party. "Dustin came into the living room, I asked if the TV was too loud, he asked if I would marry him."

THEIR SONG: "Baby Got Back," "because we used to sing it every weekend at karaoke," Dustin says, "but it isn't as romantic" as their new song, "1, 2, 3, 4" by the Plain White T's.

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TV tonight lookout

Best Bets

ABC 8:00

Jamie Oliver's Food Revolution Jamie hits another roadblock when he and his teenage culinary students are banned from serving food on the West Adams campus.

NBC 8:00

The Biggest Loser Everyone loves the makeover episode, and this one has a Cinderella theme, with "Project Runway" style guru Tim Gunn as the "fairy godfather" who helps the contestants pick out new outfits to flatter their new bodies. Later, they reunite with loved ones.

FOX 8:00

Glee Sue Sylvester decides to revive the school paper with some anonymous reports designed to stir up trouble. April Rhodes (Kristin Chenoweth) is back in town and wants Will to go on the road with her.

CW 8:00

One Tree Hill The situation surrounding the accident threatens to come to a head as Nathan, Julian and Clay coach Jamie (Jackson Brundage) on the baseball field. (TRIBUNE MEDIA)

CW

Sister Acts

HELLCATS

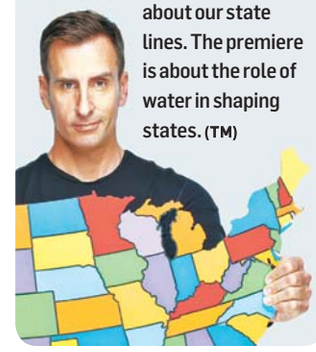
CW 9:00

They're a musical duo in real life, so it's no surprise that the characters Aly and AJ Michalka, above, play, Marti and Deidre, are singing together on the show. In this new episode, they do two songs, including Bob Dylan's "Mississippi." Marti also finds her bond with Deidre growing stronger. (TM)

Trivia

Maps and More

You don't have to be a geography geek to enjoy the new series "How the States Got Their Shapes" (10 p.m. on History). Brian Unger, a former correspondent for "The Daily Show," serves up fascinating facts about our state lines. The premiere is about the role of water in shaping states. (TM)



YOU'RE ON.

And we're listening.

OPEN HOUSE ▪ TOWN HALL MEETING ▪ PUBLIC HEARING

We are tuning in to you to help us make important decisions about Metro's future.

For the first time ever, Metro will host combined Open Houses and Town Hall Meetings prior to its official Public Hearings. Metro staff members will be available at Open Houses for one-on-one conversations about Metro service and programs. Town Hall Meetings will give you an opportunity to talk about the future of the system with Metro leaders, including members of the Metro Board of Directors. During the Public Hearings, Metro will take formal testimony on the following options under consideration for the FY12 budget:

- **Increasing the Metrorail train wait times on weekends**
- **Eliminating the Metrobus E6, K1 and N8 lines**
- **Restructuring the Metrobus M4, V7, V8, 70 and 71 lines**
- **Eliminating the 50¢ discount on certain Anacostia bus routes, resulting in MetroAccess fare increase, and modification of the Anacostia station bus transfer discount program**

The Open Houses will be from 5:30-6:00 p.m. followed by the Town Hall Meetings/Q&A from 6:00-6:45 p.m. The Public Hearings will start at 6:45 p.m. Please join us at one of the following:

MONDAY, MAY 16
Maryland - Prince George's County
Treetops Professional Place
8181 Professional Place
Hyattsville, MD
Metrorail stop: New Carrollton

TUESDAY, MAY 17
Virginia - Alexandria
George Washington Middle School
1005 Mt. Vernon Ave
Alexandria, VA
Metrorail stop: Braddock Road

District of Columbia - NW
St. Mary's Armenian Apostolic Church
4125 Fessenden St, NW
Washington, DC
Metrorail stop: Friendship Heights

WEDNESDAY, MAY 18
Maryland - Montgomery County
First Baptist Church of Wheaton
10914 Georgia Ave
Wheaton, MD
Metrorail stop: Wheaton

Virginia - Arlington
Arlington County Board Room
2100 Clarendon Blvd, 3rd Floor
Arlington, VA
Metrorail stop: Court House

THURSDAY, MAY 19
District of Columbia - SE
Matthews Memorial Baptist Church
2616 Martin Luther King Jr Ave, SE
Washington, DC
Metrorail stop: Anacostia

All locations are wheelchair accessible. For accommodations for people with disabilities, call (202) 962-2511. For language interpretation, call (202) 962-1082.

Get the latest information, including travel recommendations online at www.wmata.com/hearings

lookout online

Poll Center

Today's Question

SHOULD THE WHITE HOUSE RELEASE PHOTOS OF OSAMA BIN LADEN'S DEAD BODY?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

WAS SETH MEYERS A GOOD HOST FOR THE WHITE HOUSE CORRESPONDENTS' DINNER?

"He nailed Trump for the publicity whore that he is. Beautiful!"

COMMENTER ANGRY KEVIN

"There was a dinner? Didn't watch or read or hear anything about it. It got blown away by the royal wedding."

COMMENTER AMUSED

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

The Man Who Live-Tweeted The Raid on Osama Bin Laden Without Realizing It

Here's a selection of tweets that tell the story of 33-year-old IT administrator Sohaib Athar, who live-tweeted the raid on Osama bin Laden in Abbottabad, Pakistan, and didn't realize it until hours later, when President Obama announced bin Laden was dead. (EXPRESS)

@REALLYVIRTUAL
Helicopter hovering above Abbottabad at 1AM (is a rare event).

@REALLYVIRTUAL
Go away helicopter - before I take out my giant swatter :-/

@REALLYVIRTUAL
A huge window shaking bang here in Abbottabad Cantt. I hope its not the start of something nasty :-S

@REALLYVIRTUAL
@smedica 'safer' is a relative term that has lost its meaning in Pakistan

@REALLYVIRTUAL
@mOhcin seems like my giant swatter worked !

@REALLYVIRTUAL
@tahirakram very likely - but it was too noisy to be a spy craft, or, a very poor spy craft it was.

@REALLYVIRTUAL
Two helicpoters, one down, could actually be the training accident scenario they're saying it was

@REALLYVIRTUAL
and now I feel I must apologize to the pilot about the swatter tweets :-/

@REALLYVIRTUAL
@smedica people are saying it was not a technical fault and it was shot down. I heard it CIRCLE 3-4 times above, sounded purposeful.

@REALLYVIRTUAL
RT @han3yy OMG :S Bomb Blasts in Abbottabad.. I hope everyone is fine :(

@REALLYVIRTUAL
RT @terminalxpk A Major of the #Pakistan #Army's 19 FF, Platoon CO says incident at #Abbottabad where #helicopter crashed is accidental and not an "attack"

@REALLYVIRTUAL
RT @terminalxpk The Major also says no "missiles" were fired and all such exaggerated reports are nothing but rumours #Pakistan

@REALLYVIRTUAL
The abbottabad helicopter/UFO was shot down near the Bilal Town area, and there's report of a flash. People saying it could be a drone.

@REALLYVIRTUAL
Since taliban (probably) don't have helicopters, and since they're saying it was not "ours," so must be a complicated situation #abbottabad

@REALLYVIRTUAL
@kashaziz technically, it is unidentified until identified, and it is a flying object, so year, why the hell not, we have seen weirder stuff

@REALLYVIRTUAL
@tahirakram yea. *hides his giant swatter*

THIRD ANNUAL
TREE REPORT CARD

Washington D.C. issued a C grade in Casey Trees' Third Annual Tree Report Card.

The Tree Report Card is the only independent tree and tree canopy assessment of a major U.S. city. It measures the quantity and quality of D.C.'s trees and tree canopy and all efforts to expand and sustain it.

The main purpose of the Tree Report Card, however, is not simply to provide data about D.C.'s urban forest but rather to raise awareness and encourage others to become involved to help sustain D.C.'s trees.

Learn more at CASEYTREES.ORG.

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INFORMATION TECHNOLOGY

Microsoft Certified Professional (MCP) Windows 7	May 7
Security+	May 7
CCNA	May 11
Information Technology Foundation (A+, Network+, MCP, CCNA, Security+)	May 16
CISSP	May 19
Certified Ethical Hacker (CEH)	May 21
Web Design and Developer	May 23
Certified Hacking Forensic Investigator (CHFI)	June 11
Certified VOIP Professional	June 11
Network+	June 11
Microsoft Office Share Point 2010	June 13
MCSE Windows 2008	June 21

and more...

For complete outline and schedule, visit our website at volgenau.gmu.edu/techadvance

Arlington, Herndon, and Loudoun

puzzles lookout

Horoscope

TAURUS (April 20-May 20) You are likely to receive help from a surprising source, even though you may have thought you didn't need any.

GEMINI (May 21-June 20) What you do in tandem with another can prove far more valuable than anything you try to do entirely on your own.

CANCER (June 21-July 22) Your emotions may be near the surface all week long; heed the warnings of those who have been in your shoes before.

LEO (July 23-Aug. 22) You may have trouble, for a time, deciphering messages that come your way during the morning hours. Priorities may seem confused for a time.

VIRGO (Aug. 23-Sept. 22) Take things one step at a time. A friend makes an offer that takes you by surprise. A physical difficulty can be overcome.

LIBRA (Sept. 23-Oct. 22) You have been listening to another's warnings for quite some time, and now is the time to do what you can to avoid the dangers ahead.

SCORPIO (Oct. 23-Nov. 21) You think you have things in order, but you are likely to discover that not everything is as it seems.

SAGITTARIUS (Nov. 22-Dec. 21) Are you ready to improve your multitasking? Doing one thing at a time will not allow you to get everything done.

CAPRICORN (Dec. 22-Jan. 19) You'll be following someone else's lead throughout much of the day, but you'll know it when the time comes to break out on your own.

AQUARIUS (Jan. 20-Feb. 18) Technical assistance may not give you everything you had hoped for; you will have to trust your innate abilities, surely.

PISCES (Feb. 19-March 20) Keep your head above water, and don't let the little things accumulate to the point that they become overwhelming or threatening.

ARIES (March 21-April 19) You don't know yourself quite as well as you think you do — or so a friend will assert when you behave in an unexpected way.

PostPoints DAILY CODE E I

Scrabble Grams

PAR SCORE 205-215, BEST SCORE 264

								RACK 1
E1	E1	I1	R1	N1	C3	S1		
								RACK 2
I1	O1	D2	R1	R1	P3	C3		
								RACK 3
A1	E1	R1	R1	F4	H4	T1	1st Letter Triple	
								RACK 4
A1	E1	E1	N1	N1	P3	M3	Double Word Score	

Yesterday's Solution

A1	T1	T1	R1	A1	C3	T1	RACK 1 =	59
B3	A1	N1	Z10	A1	I1		RACK 2 =	17
C3	A1	V4	E1	M3	A1	N1	RACK 3 =	78
S1	T1	U1	P3	E1	F4	Y4	RACK 4 =	71
PAR SCORE 155-165							TOTAL	225

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

2		4		5	9		8	
						2		4
5		6				9		
6				8	2			
			7		6			
			4	1				2
		2				6		9
4		8						
	6		9	4		8		7

Yesterday's Solution

5	9	7	4	2	8	6	1	3
3	2	1	6	5	7	9	8	4
8	4	6	9	1	3	7	5	2
1	7	3	2	9	5	4	6	8
2	6	5	1	8	4	3	9	7
9	8	4	3	7	6	5	2	1
6	5	8	7	4	2	1	3	9
7	1	2	5	3	9	8	4	6
4	3	9	8	6	1	2	7	5

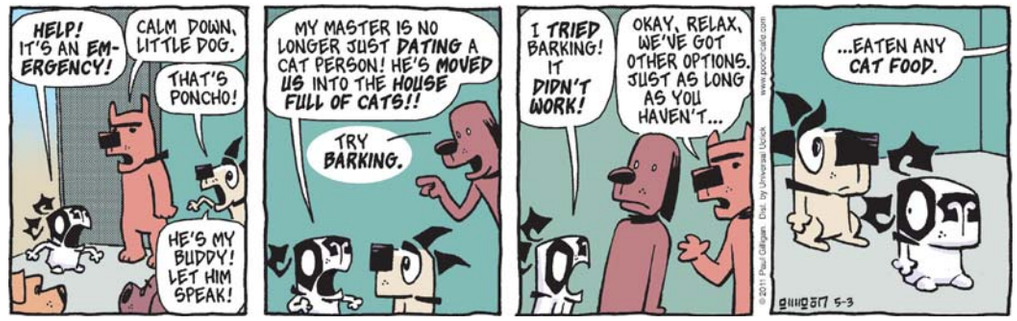
Need more Suldolku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

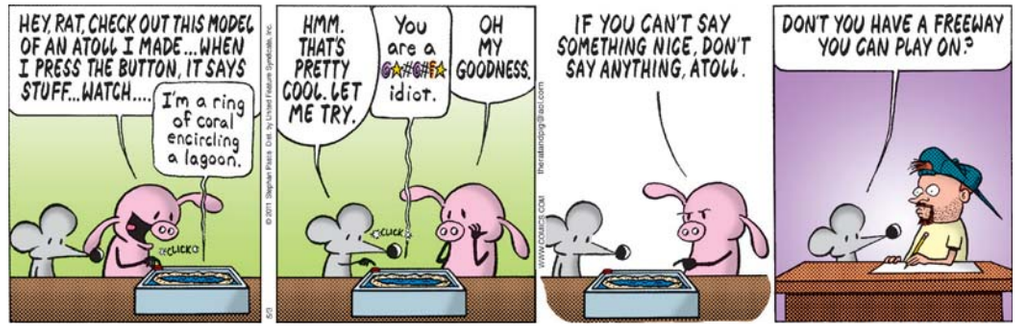
Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

83 | 56

Today: Partly sunny and warm today. A severe thunderstorm early tonight.

62 | 47

Tomorrow: Breezy and cooler tomorrow with a shower. Clear tomorrow night.

Looking Ahead

THU	FRI	SAT
69 | 50	72 | 51	71 | 57

Sun and Moon
Sunrise today: 6:09 a.m.
Sunset today: 8:02 p.m.
Moonrise today: 6:02 a.m.
Moonset today: 8:47 p.m.

Almanac
Normal high: 71
Record high: 89
Normal low: 51
Record low: 35

FORECAST BY ACCUWEATHER.COM ©2009

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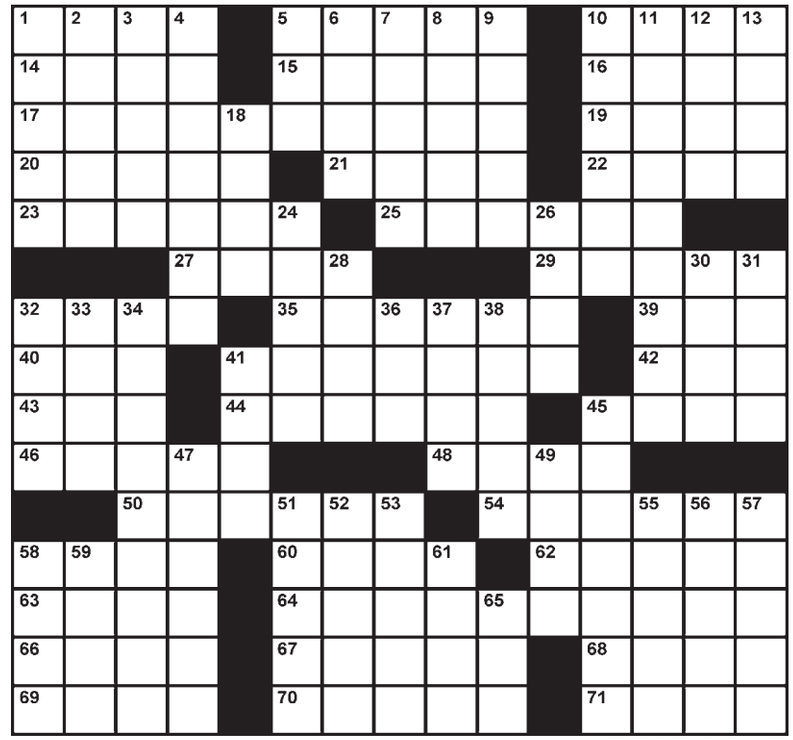
lookout puzzles

Crossword

STAY!



EDITED BY TIMOTHY E. PARKER

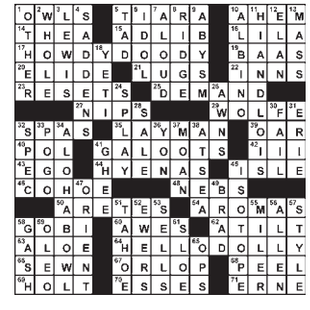
ACROSS

1 Wheelchair access
5 Get to the other side
10 Up in the air
14 Middle Eastern ruler
15 Treaty goal
16 "Aida" river
17 Type of property
19 Chess result, sometimes
20 Not vacant, as a restroom
21 Windshield extra
22 Little rascals
23 What debaters debate
25 Traffic report adjective
27 "Easy ___ it,"
29 High as a kite
32 Water may flow through it
35 Low-cost, in slang
39 U.S. air-safety overseer
40 Gorilla, e.g.
41 Celebrated in history
42 Clairvoyance letters
43 Back muscle, for short
44 Toward the back of a boat
45 Torah chests
46 Natural talent
48 React to a bore
50 Like "Romeo and Juliet"
54 French Foreign ___
58 Two-tone sandwich cookie
60 Egyptian fertility goddess
62 ___ Jean (Marilyn, originally)
63 Indian flatbread
64 Out like a light
66 Gaelic language
67 Snacks in Tijuana
68 ___ of Cleves (Henry VIII's fourth wife)
69 Tourney rank
70 Flat-bottom boats
71 Untouchable Eliot

DOWN

1 Install to new specifications
2 Essential acid
3 Jumbled confusion
4 Officiate
5 Tax-return pro
6 Take a breather
7 Desert watering hole
8 Clue for a bloodhound
9 Heated conflict
10 The "I" in ROYGBIV
11 What a home seller seeks
12 Envelope closure
13 Trees used for archery bows
18 Art ___ (1920s-30s style)
24 Splinter groups, sometimes
26 Proceed slowly but surely
28 Tequila serving size
30 To-do list entry
31 Barks sharply
32 Fifty percent
33 Stone for many Libras
34 Make less anxious
36 Stanza writer's "before"
37 Well ventilated
38 Kind of colony
41 "Two Mules for Sister __" (Clint Eastwood film)
45 Namibian's neighbor
47 Took creases out of clothes
49 Harmless cysts
51 Boxes with bows
52 "Shaft" composer Hayes
53 Pancho's amigo
55 Cara of "Flashdance"
56 Signs to heed
57 Neck backs
58 Dollar bills
59 ___, medium or well-done
61 Put in the overhead rack
65 Burdened beast

Yesterday's Solution



Today in History

1802 Washington, D.C., is incorporated as a city by Congress.

1937 Author Margaret Mitchell wins the Pulitzer Prize for fiction for her Civil War novel, "Gone With the Wind."

1979 Margaret Thatcher becomes the first woman elected prime minister of England.

express

CAC

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people lookout

DIVORCE

The Last Line Is Particularly Classy

Charlie Sheen and Brooke Mueller are finally divorced, Usmagazine.com reported. A Los Angeles Superior Court judge declared them single again on Monday. Sheen will pay Mueller $55,000 per month in child support. Mueller, 33, also got $757,698, a 2009 Mercedes and $1.2 million for her share of their former home. They will split profits earned from selling photos of their kids. (EXPRESS)

CELEBRATIONS

Twins' Birthdays Doomed to Be Ignored

A day after becoming parents to twins, Mariah Carey and Nick Cannon renewed their vows with a hospital ceremony conducted by the Rev. Al Sharpton. Saturday was the couple's third anniversary — and the day when Carey gave birth to twins. Cannon tweeted words of thanks to the civil rights activist and said: "Yep we just had a wedding in the hospital!" (EXPRESS)

PAUL MORIGI/GETTY IMAGES

Every April 30, Mariah and Nick will renew their vows and forget their kids.

Victims

First the Chicken, And Now This

Flava Flav was arrested in Las Vegas Friday night after a routine traffic stop, said TMZ.com. Flav had four outstanding arrest warrants for various traffic offenses. After he was released, Flav tweeted, "I got pulled over by a curious Rookie Ass Cop" who "wanted to make a name for himself." (EXPRESS)

DIMITRIOS KAMBOURIS/GETTY IMAGES

CASTING

'Meeeeeeeeeeeeee!'

Ann Curry will replace Meredith Vieira as co-host of NBC's "Today" show, according to multiple news outlets. Natalie Morales, a 9 a.m. anchor, will replace Curry as the news anchor; Savannah Guthrie, a White House correspondent and MSNBC anchor, will move to the 9 a.m. slot. The New York Times reported that Curry's contract stipulated that if she wasn't promoted to co-host this time (after being passed over when Katie Couric departed five years ago), she could leave immediately. (EXPRESS)

"I was in New York on Sept. 11, 2001, with Michael Jackson, and then, nearly 10 years later, I walk out of the premiere of my latest film ... to learn that Osama bin Laden had been killed by a special operation, just like in the film we'd just screened. The timing is simply unbelievable."

— COREY FELDMAN ON "OPERATION BELVIS BASH," A NEW COMEDY HE STARS IN. THE FILM IS ABOUT A ROCK STAR WHO GOES TO AFGHANISTAN AND ENDS UP TAKING ON BIN LADEN.

CHOICES

What's Worse: Being Seen In a Cab or Being Arrested?

Rick Springfield was arrested in Los Angeles Sunday night for driving under the influence, TMZ.com reported. His blood alcohol content clocked in at .10, which is .02 over the legal limit. (EXPRESS)

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